



# Family Devotions



# Do Not Worry

**Scripture:** Philippians 4:6-7

Also, Proverbs 12:25; 1 Peter 5:7; Matthew 6:25-34

**Memory Verse:** Philippians 4:6-7

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

## For My Family

Ask your family the following question and take a moment to discuss: What is worry? Depending on the age of your family members, they might describe worry as fear, anxiety, a bad feeling you get in your stomach, etc. People have been worrying for thousands of years about all kinds of things: storms, speaking in front of crowds, what to wear, where their next meal will come from, finding friends, a global virus, etc. Proverbs 12:25 describes worry as something heavy that weighs someone down, but God doesn't want His people to carry the weight of their worries. He wants them to take those worries and give them to Jesus. Let's take a look at what that looks like.

1. *“Be anxious for nothing...”* — In other words, “Don't worry about anything.” This is exactly what Jesus told His followers in Matthew 6. But that's impossible! Isn't it? I don't choose to get worried. It just happens! But the verse doesn't end there. God knows we will get worried. He wants us to follow some very simple but very important steps when we start to feel worry weigh us down.
2. *“...but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”* — So instead of worrying, I am supposed to pray. Prayer is simply talking to God. Tell him that you are worried, and what you are worried about, *“Casting all your care upon Him, for He cares for you”* (1 Peter 5:7). It's not selfish to ask for God's help. He invites us to make our requests known to Him. But we learn something very important about prayer in this verse. God wants our requests to be coupled with thanksgiving. It may seem strange to thank God when you are worried. God doesn't say to thank Him *for* your worries, but to thank Him *in* your worries. Thank God that He hears your prayer and is powerful to help you. Thank Him for who He is and all that He has done. Don't just ask Him for things, thank Him.
3. *“...and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”* — We have learned what *not* to do (worry), as well as what we *should* do (pray and give thanks). Now we see what God promises us when we do

these things: peace! This is the opposite of worry. This peace isn't ours. It's the peace of God. People often get worried when they don't understand what is happening or when things feel out of control. They try to fight worry by attempting to understand. But God's peace is so powerful that it can protect our hearts and minds from worry, even when we don't understand why certain things are happening. All we need to understand is that we have a heavenly Father who loves us, knows what we need, and promised to guard our hearts and minds from worry when we come to Him in prayer and thanksgiving.

I encourage you to take time to practice this verse with your family whenever anyone begins to feel worried. Worry turns our eyes off of the only One who can truly help us in our need. Not only can God help us, but He promised to do so. So we need not worry. We need only to *"seek first the kingdom of heaven and His righteousness"* (Matthew 6:33). But if your heart is heavy, Jesus would say to you, *"Come to Me, all you who labor and are heavy laden, and I will give you rest"* (Matthew 11:28).

## Questions for Young Children:

Does God worry? Why Not?

What does God tell us to do when we worry?

What does He promise will happen when we do?

## Questions for Teens and Pre-teens:

What are some of the things you and your friends worry about?

Is it a sin to worry? Why or why not?

The fact that there is a God in heaven who loves us and can lift the burden of worry and anxiety from our hearts is good news. Pray for those you know who wrestle with anxiety, and share the hope with them that God gives in these verses.